

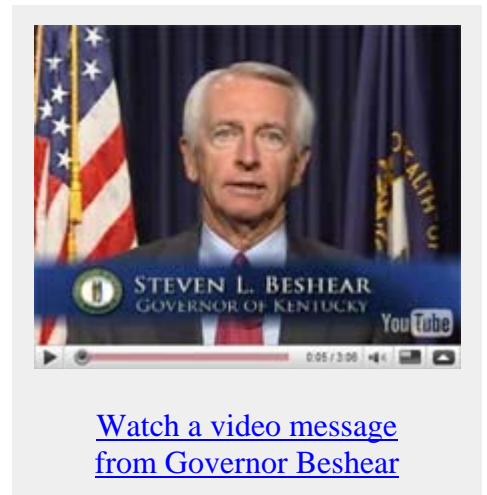


**A MESSAGE FROM
GOVERNOR STEVEN L. BESHEAR**

Greetings fellow state employees,

It is time that we get serious about preventive healthcare in our state. We need to focus on spending less money on chronic diseases, which are often avoidable, by providing more wellness opportunities for happier and healthier Kentuckians.

Kentuckians have reported some of the highest prevalence of chronic diseases, such as diabetes, stroke and heart disease, in the nation. Based on extensive national research, Kentucky is currently ranked 7th in the nation in adult obesity.



In June of this year, Personnel Cabinet Secretary Nikki Jackson launched a pilot program called Journey to Wellness. The results have been outstanding. Over 70 percent of Personnel employees are participating and since the challenge began in August, the cabinet has lost more than 300 pounds.

Part of this success is attributable to a Cabinet-sponsored health fair, where employees learned their height, weight, body mass index, cholesterol, blood pressure, and blood glucose numbers. After all, the most important part of becoming healthy is knowing where to begin.

In an effort to achieve this type of success for all state employees, in January, I will launch the Commonwealth's Journey to Wellness Program as a government-wide effort to empower employees to make healthier lifestyle choices and motivate managers to foster a healthier and more productive workplace.

During our Journey, Cabinets will compete for the largest percentage of employees who have taken the Humana Health Assessment, a 10-15 minute survey that confidentially identifies potential health risks and launches employees on their own individual wellness program. The program will also support employees with weight management programs, health coaching, tobacco cessation, a statewide Biggest Loser Competition and an exciting new program called Virgin HealthMiles.

Kentucky will be the first state in the nation to fully implement the Virgin HealthMiles program -- a first-of-its-kind health rewards program that motivates consumers to improve their health by living more active lives. Participants track their daily steps or other physical activity, stay motivated with challenges and monthly sweepstakes, and redeem cash they've earned and won. A participant's chances of winning the monthly sweepstakes is enhanced the more they participate in the program.

As a state employee myself, I want to lead the charge in assuring we have a healthier workforce. Won't you join me in taking the first steps on this Journey to Wellness? As we move forward the Personnel Cabinet will be contacting you to begin our journey as we focus on the Common Health of Kentucky.

Steven L. Beshear